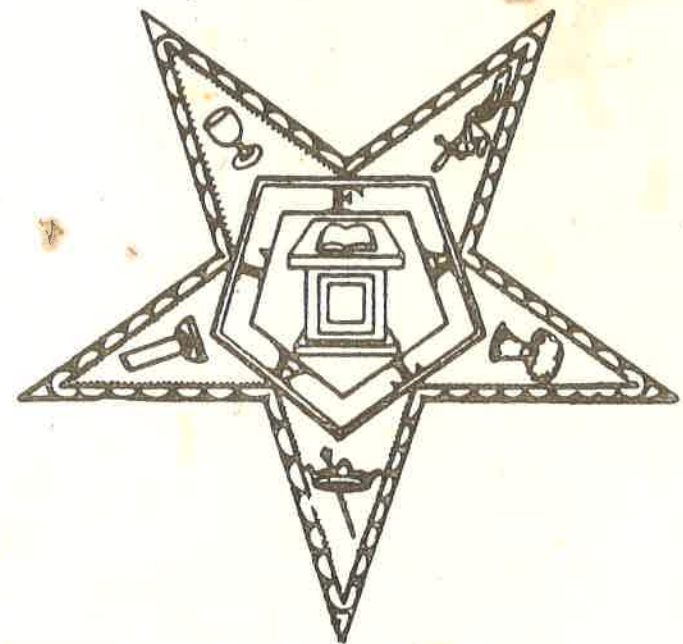


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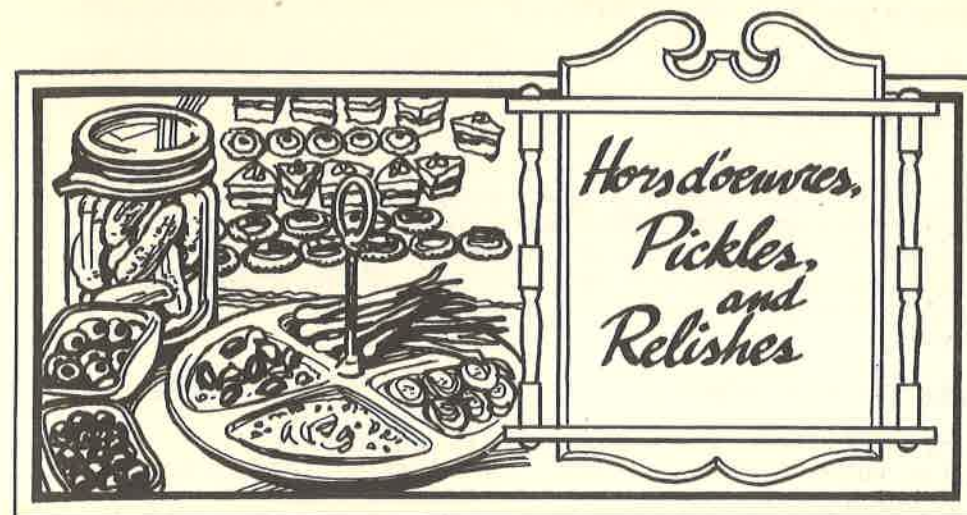
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ASPARAGUS ROLL UPS

Naomi Kendall

1 can asparagus spears
10 slices fresh bread

Mayonnaise to cover bread

Cut crusts from slices of bread; roll flat with rolling pin. Spread mayonnaise liberally over flattened bread and place on asparagus spear on each slice and roll up into firm tube-like rolls and refrigerate until ready to serve.

CHILI APPETIZER

Eva Mackey

2 - 4 oz. cans Ortega chili
peppers, chopped
1 lb. sharp cheddar cheese
2 c. Bisquick

4 eggs
1 tsp. salt
3 c. milk

Line a 9x13-inch pan with chili peppers and grated cheese. Make batter of remaining ingredients; pour over top. Bake at 350 degrees 45 minutes.

CRAB APPETIZER

Marguerite Phillips

1 - 8 oz. pkg. cream cheese
1/2 lb. crab meat

1 bottle chili sauce
Crackers

Split the cream cheese through the middle. Lay one half on a plate, spread with 1/2 the crab meat. Cover with chili sauce. Lay the other half of the cream cheese over this and spread it with remaining crab and cover generously with chili sauce. Provide guests with a butter spreader and crackers such as Waverly wafers.

CREAM PUFF HORS D'OEUVRES

LaRue Larkins

1 cube butter
1 c. water
1 chicken bouillon cube

1 c. flour
4 eggs

Boil butter and water; add 1 c. flour. Beat real good. Remove from stove; add 1 egg at a time. Beat real good. Drop by small teaspoonful on ungreased cookie sheet. Bake at 350 degrees for 20-25 minutes after turning to 400 degrees for the first 5 minutes. Let cool and slice part way through. Fill with chicken salad, shrimp or ham sandwich spread. Good finger food.

GNOCCHI ALA ROMANI

Marguerite Phillips

1 qt. milk
2/3 c. butter
1 c. hominy grits
1 tsp. salt

1/8 tsp. pepper
1 c. grated Gruyere cheese or Swiss cheese
1/3 c. grated Parmesan cheese

Bring milk to a boil. Add 1/3 c. butter; stir in grits. Cook until it looks like Farina. Remove from heat. Add salt and pepper. Beat with electric beater for 5 minutes until creamy. Pour into a 13x9x2-inch pan. Allow to set. Cut into domino size pieces. Stack as fallen dominoes in a buttered casserole suitable to serve in. Pour 1/3 c. melted butter over these and sprinkle with the cheese. Heat at 400 degrees 30-35 minutes. If desired brown under broiler.

GUACAMOLE DIP

Frances Goretski

3 large avocados
1 large tomato, chopped
1 small onion, chopped

1/2 canned Jalapeno pepper
Salt and pepper to taste
Corn chips

Cut avocados in half. Remove pits and scoop out pulp with a spoon. Mash pulp coarsely with a fork. Mix in rest of the ingredients except corn chips. Save one avocado pit and put back in dip until ready to serve. This keeps dip from turning black. Serve with corn chips.

POPCORN POP UPS

Nina M. Poole

1 - 3 or 4 oz. can chopped mushrooms
2 env. Knox unflavored Gelatine
1 1/2 c. cold water
4 tsp. sugar
1 tsp. salt

3/4 c. lemon juice
1/2 c. each finely chopped green peppers, cucumbers and radishes
1 c. each finely chopped cauliflower and celery

Continued.....

POPCORN POP UPS (Continued)

Drain liquid from mushrooms into measuring cup; add enough water to liquid to measure 1 c. Pour into saucepan and sprinkle with gelatin. Place over low heat and stir until gelatin dissolves, about 3 minutes. Remove from heat; stir in water, sugar, salt and lemon juice. Chill, stirring occasionally until mixture is consistency of unbeaten egg white. Fold in vegetables. Turn into two sectional ice cube trays. Chill until firm. Unmold and serve 4 cubes on individual lettuce-lined salad plates or store cubes, covered, in refrigerator for snacking. Yield: 32-36 cubes; 8-9 calories per cube. Also can be made into big mold if desired.

RAW VEGETABLE DIP

Janis Anderson

1 c. sour cream
1/2 c. mayonnaise
1 green onion, chopped

2 Tbsp. lemon juice
1 Tbsp. parsley flakes

Mix and serve with any raw vegetables.

SALMON PARTY BALL

Avis Sagner

1 - 1 lb. can salmon (2 c.)
1 - 8 oz. pkg. cream cheese, softened
1 Tbsp. lemon juice
2 tsp. grated lemon

1 tsp. prepared horseradish
1/4 tsp. salt
1/4 tsp. liquid smoke
1/2 c. chopped pecans
2 Tbsp. snipped parsley

Drain and flake salmon, removing skin and bones. Combine salmon, cheese, lemon juice, onion, horseradish, salt and liquid smoke; mix thoroughly. Chill several hours. Combine pecans and parsley. Shape salmon into balls; roll in nut mixture. Chill well. Serve with assorted crackers.

CANNING HOT PEPPERS

Nina M. Poole

5 c. water
2 c. vinegar
1 c. salt
Select small green tomatoes, whole
1 lb. hot peppers
Small white onions or 1/4 slice large white onion

String beans
Sliced carrots
Cauliflower in clusters
1 green pepper
1 red pepper, sliced
Small cucumbers
Cherry tomatoes
Whole, sliced celery or any other garden vegetables

Continued.....

CANNING HOT PEPPERS (Continued)

Boil 10 minutes; let stand overnight. Soak vegetables all overnight in 2 c. salt. Drain. Pack jars with some of each vegetable and then add 3-5 hot peppers. Pour brine over each jar and seal. Let stand 6 weeks before using. If hotter mixture is desired add 1-2 extra peppers. Be sure to cover vegetables with brine.

CHERRY TOMATO GOODIES

Naomi Kendall

1 basket cherry tomatoes • 1 tsp. minced onion
6 sticks pepperoni 1/2-1 c. mayonnaise

Wash and stem tomatoes; cut the stem out of tops of tomatoes and scoop out insides. Grind up pepperoni and mix with finely minced onion and add mayonnaise to make a filling. Put mixture into tomatoes and garnish with parsley if desired. Refrigerate until ready to serve.

UNCOOKED RELISH

Nina Poole

1 pt. sweet red peppers 2 tsp. celery seeds
1 pt. sweet green peppers 4 c. sugar
1 qt. cabbage 2-3 hot peppers
1 pt. white onions 5 Tbsp. salt
4 Tbsp. mustard seeds

Chop the first 4 ingredients fine; mix all ingredients and let stand overnight. In the morning pack into sterilized jars and seal at once. Can be used in about 6 weeks.

Write An Extra Recipe Here:



BARBARA SMITH'S RICE SALAD

Vivian O'Brien

1 pkg. chicken Rice-A-Roni 2 - 6 oz. jars artichoke hearts,
4 green onions marinated
12 pimento stuffed olives or 3/4 tsp. curry
12 ripe olives or both 1/3 c. mayonnaise (optional)
1 small can chicken chunks

Cook Rice-A-Roni as directed on box omitting butter. Cool in large bowl. Slice olives, onions and artichokes. Mix mayonnaise, curry and 1 jar of marinade. Mix all together and refrigerate for a couple of hours.

BLEU CHEESE DRESSING

Marion Roberts

1 large Philadelphia cream 1/2 Tbsp. lemon juice
cheese 1 Tbsp. Ac'cent
4 oz. bleu cheese, crumbled 1/2 Tbsp. garlic, cut fine
1 c. buttermilk or sour cream 1/2 tsp. salt
2 c. mayonnaise

Have cheese at room temperature. Mix until smooth in mixer. Makes 1 qt.

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CHICKEN LUNCHEON SALAD

Avis Sagner

2 qt. coarsely cut cooked
turkey or chicken
1 - 20 oz. can (large) water
chestnuts
2 lb. seedless grapes
2 c. cut celery
2-3 c. toasted slivered
almonds

3 c. mayonnaise
1 Tbsp. curry powder
2 Tbsp. soy sauce
1 large can (20 oz.) light nuts
1 No. 2 1/2 large can pineapple
chunks

Use turkey or chicken breast (3 lb.). Get uncooked and steam in water the usual way with celery, onion and salt. Cut meat in bite sized pieces; slice or dice chestnuts; mix with meat. Add grapes, celery and 1/2 of the almonds. Mix mayonnaise with curry powder and say lemon juice if you choose. Combine with turkey or chicken mixture; chill several hours or make the day before. Spoon into nests of lettuce. Garnish with litchie nuts or pineapple chunks, remaining nuts on top of each serving. Serves 12.

CHINESE SALAD

Mrs. Leon Lewis

1 can bean sprouts
1 c. shrimp
1 c. chestnuts
1 c. celery, cubed

1 bunch green onions
Small can mushrooms
2 c. Chinese noodles

Mix with mayonnaise and top with sprigs of parsley.

C-O; P-O; F-O DRESSING

Ora Griffiths

1 1/2 c. tomato juice
1 1/4 c. water
3/4 c. liquid pectin
1/2 c. red wine vinegar
1/4 c. tarragon vinegar

3/4 tsp. salt
1/2 tsp. dry mustard
1/2 tsp. onion juice
1/2 tsp. liquid artificial
sweetener

Boil tomato juice and water. Add liquid pectin; cool. Add the rest of the ingredients. Shake before using.

CUCUMBER SALAD

Marilyn Trenholm

2 pkg. lime Jell-O
2 c. hot water
1/2 c. cold water
2 Tbsp. sugar

2 Tbsp. vinegar and finish
filling cup with mayonnaise
3 large cucumbers, grated

Dissolve Jell-O in hot water, then add cold water, sugar, vinegar, and mayonnaise. When mixture thickens add the grated cucumbers.

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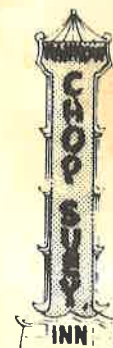
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DI'S TACO SALAD

Dianne Weiberg

1 lb. hamburger
2 Tbsp. taco sauce (La
Victoria)
1 head lettuce
2 medium tomatoes
1 medium onion

1/4 lb. cheddar cheese
1 pkg. Dorito taco chips
1 - 8 oz. bottle Catalina
dressing

Fry hamburger and add taco sauce. Cool. Chop lettuce into small pieces; dice tomatoes and onions. Grate cheese and toss together into salad bowl. Add cooled hamburger and sauce mixture. Refrigerate 1 hour. Just before serving crush package of taco chips and toss into salad with Catalina dressing. Another dressing may be substituted according to your taste. Taco sauce may be adjusted according to your taste.

MANDARIN ORANGE JELL-O

Mary Chamberlain

2 pkg. orange Jell-O
2 c. hot water
1 c. cold water or pineapple
juice
1 - 6 oz. can frozen orange
juice

1 can Mandarin oranges,
drained
1 c. crushed pineapple,
drained
1 pkg. lemon pie filling
1 pt. whipping cream
Grated cheese

Mix Jell-O and hot water; dissolve. Add cold water or pineapple juice. Mix in crushed pineapple and oranges. Chill until set. Prepare lemon pie mix; cool. Whip cream and mix with pie filling. Spread over top of Jell-O. Sprinkle with grated cheese. Let stand for an hour or two.

MEXICAN TOSS SALAD

Frances Goretski

1 lb. ground round
1 can kidney beans, drained
3 chopped tomatoes
1/2-1 c. shredded cheddar
cheese

1 large onion, chopped
1 head chopped lettuce
1 bottle Thousand Island
dressing
1 bag corn chips, crushed

Brown ground round; drain and mix in kidney beans. Warm. Mix rest of ingredients except salad dressing. Toss in meat mixture. Pour salad dressing over; toss and serve.

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RIBBON SALAD

Avis Sagner

- | | |
|--|--|
| 2 - 3 oz. pkg. lime Jell-O | 1 - 8 oz. pkg. cream cheese |
| 5 c. hot water | 1 large can crushed pineapple, drained |
| 4 c. cold water | 1 c. heavy cream, whipped |
| 1 - 3 oz. pkg. lemon gelatin | 1 c. mayonnaise, scant |
| 1/2 c. miniature marshmallows, cut in pieces | 2 - 3 oz. pkg. cherry gelatin |

Dissolve lime gelatin in 2 c. hot water; add 2 c. cold water. Pour into a 14x10x2-inch pan. Chill until partly set. Dissolve lemon gelatin in 1 c. hot water in top of double boiler; add marshmallows and stir until melted. Remove from heat; add 1 c. pineapple juice and creamed cheese. Beat until well blended and stir in pineapple; cool slightly. Fold in whipped cream and mayonnaise; chill until thick. Dissolve cherry gelatin in 2 c. hot water and 2 c. cold water; chill until syrupy. Pour over pineapple layer. Chill until firm. Makes 24 servings. Pour in layer over lime gelatin; chill overnight for best results.

RICE SALAD

Sophia Marlantes

- | | |
|---|---------------------------------|
| 1 c. uncooked rice | 1/2 c. stuffed olives, sliced |
| 1 1/2 c. mayonnaise, thinned with 3 Tbsp. lemon juice | 1 c. raw cauliflower, bite size |
| 4 green onions, chopped | 1/4 c. green pepper, chopped |
| 2 stalks celery, chopped | 1 c. shrimp or chicken or crab |
| | 1/4 c. sweet pickle, chopped |

Cook rice and let cool; mix all ingredients and let stand overnight.

SEAFOOD SALAD

Kay Lindsey

- | | |
|---------------------|----------------------|
| 1 pkg. lemon Jell-O | 1 can shrimp or crab |
| 1 1/2 c. hot water | 1 c. chopped celery |
| 1 can tomato sauce | Grated onion |

Dissolve Jell-O in hot water. Add all the other ingredients and let stand in refrigerator until ready to serve.

TOMATO SOUP SALAD

Avis Sagner

- | | |
|-------------------------------------|-----------------------------------|
| 1 can concentrated tomato soup | 1 c. mayonnaise |
| 1 - 8 oz. Philadelphia cream cheese | 1/2 c. celery, cut fine |
| 1 pkg. lemon Jell-O | 1/4 c. green pepper, chopped fine |
| | 1 Tbsp. minced onion |

Heat soup; add Jell-O. Add cheese; set aside. Cool a little. Fold in mayonnaise, celery, pepper and onion. Very good to add either crab or shrimp.

*1-20 oz. crushed pineapple
crushed pineapple juice + all*

UNCOOKED SALAD DRESSING

Ruth J. Yuill

- | | |
|------------------------------|-----------------|
| 2 Tbsp. cream, sweet or sour | 4 Tbsp. vinegar |
| 2 Tbsp. sugar | 1 head cabbage |

Beat well and pour over finely cut cabbage that has been seasoned with salt and pepper.

5 CUP SALAD

Patti Kuchenbecker

- | | |
|-----------------------------|-----------------------|
| 1 c. sour cream | 1 c. mandarin oranges |
| 1 c. miniature marshmallows | 1 c. coconut |
| 1 c. pineapple chunks | |

May add maraschino cherries, halved, if desired.

Write An Extra Recipe Here:

Write Extra Recipes Here:



CHIP BEEF CASSEROLE

Beatrice W. Moon

1 c. uncooked macaroni
1 1/4 c. milk
1 can mushroom soup
1 c. sharp cheddar cheese,
cut up

3 Tbsp. chopped onion
1 pkg. chipped beef (1/4 lb.),
cut up
Pinch paprika

Place last 4 ingredients in a dish and cover with other ingredients. Marinate overnight. Bake 1 hour at 350 degrees. Serves 4.

CROCK POT STROGANOFF

Bessie Peterson

1 lb. beef
1 medium onion, chopped
1 small can sliced mushrooms,
drained

1 tsp. salt
1 c. consomme or bouillon
1 c. sour cream
3 Tbsp. flour

Cut beef into half inch strips; brown in hot fat. Add onion and mushrooms and saute until onion is browned. Place browned meat, onion, mushrooms, salt and bouillon in crock pot. Cook on low 5-6 hours. Mix sour cream and flour and add to crock pot. Cook 1-2 hours. Serve over rice or noodles.

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ELLENSBURG SPECIAL

Vivian O'Brien

1 1/2 lb. sausage
1/2 onion
4-6 stalks celery
1/2 green pepper

2 pkg. Lipton noodle soup
(one box)
4 c. boiling water
1 c. white rice
Soya sauce
Sliced almonds

Brown sausage, onion, celery and green pepper. In large casserole add boiling water to Lipton soup and rice. Add sausage mixture and stir. Add a few dashes of soya sauce. Refrigerate overnight. Sprinkle sliced almonds over top. Bake, covered, 1 1/2 hours at 350 degrees. Add a little more water if it gets too dry.

IRISH POT O STEW

Karen Sagner

2 lb. beef stew meat,
cut into 1-inch cubes
1 - 16 oz. can tomatoes
2 c. sliced carrots
1 1/2 c. sliced celery
1/2 c. regular barley

1/2 c. water
2 tsp. salt
1 bay leaf
1/2 tsp. sage
1/2 tsp. thyme
1/4 tsp. pepper

Combine all ingredients; mix well. Place in electric slow cooker. Cover. Cook on low heat 6-8 hours. Do not open while cooking. Mix well before serving. Serves 6-8 servings.

MABEL'S LAMB STEW

Vivian O'Brien

2 lb. boneless lamb
shoulder, cubed
2 Tbsp. oil
1 c. dry red wine
3/4 c. water

1 1/2 oz. env. spaghetti
sauce mix
4 carrots
4 medium onions
1 lb. can whole potatoes,
drained

In large saucepan brown lamb in oil. Add wine, water and sauce mix. Cook, covered 1 hour. Add carrots, cut into 1 1/2-inch pieces, onions, sliced and cook 30 minutes more. Add potatoes; cook 10 minutes. Makes 5-6 servings.

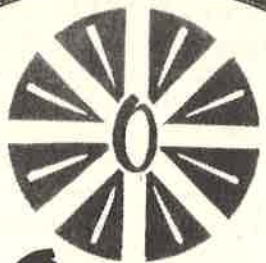
MEAT LOAF

Frances Gunn

1 lb. ground pork
1 lb. ground beef
1 c. shredded carrots
1/4 c. chopped onions

1 c. cracker crumbs (20
crackers)
1 tsp. salt
1 c. sour cream

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MEAT LOAF (Continued)

Combine all ingredients together in a 9x5x3-inch baking pan. Bake at 350 degrees about 1 1/2 hours. Let stand 10 minutes. Turn out on heated platter. Serve with mushroom sauce. Pour the drippings from meat loaf. Combine and mix the ingredients for sauce. Heat mixture till boiling. Serves 8-10.

Sauce:

1/2 c. sour cream
 1 bouillon cube
 1 Tbsp. flour

1 - 3 oz. can broiled, sliced
 mushrooms, undrained

QUICK CHILI

Mary Grace Belshaw

1 can chili con carne
 without beans

1 can Campbell's chili beef
 soup
 1/2 soup can hot water

Stir ingredients and heat. Makes excellent party chili dish.

SAVORY SWISS STEAK

Annetta Pearl

2 lb. Swiss steak
 1/4 c. flour
 1 1/2 tsp. salt
 Dash pepper
 3 Tbsp. oil

1 onion, chopped
 1 green pepper, chopped
 1 tsp. Worcestershire sauce
 1 c. tomato juice

Pound flour and salt into meat on both sides, using edge of heavy saucer or meat hammer. Brown well in oil. Add onion and green pepper and saute slightly. Add remaining ingredients. Cover and bake at 300 degrees until tender, about 2 hours. Serves 4-6.

WAIKIKI MEAT BALLS

Ruth Watts

1 1/2 lb. ground beef
 2/3 c. cracker meal
 1/3 c. minced onion
 1 egg
 1 1/2 tsp. salt
 1/4 tsp. ginger
 1/4 c. milk
 2 Tbsp. shortening

2 Tbsp. corn starch
 1/2 c. brown sugar
 1 c. pineapple tidbits, drained
 (reserve syrup)
 1/3 c. vinegar
 1 Tbsp. soy sauce
 1/3 c. chopped green pepper

Mix meat, crumbs, onion, egg, salt, ginger and milk; shape mixture by rounded tablespoon into balls. Melt shortening in large skillet. Brown and cook meat balls. Remove meat balls and keep warm. Pour fat from skillet. Mix the corn starch

Continued.....

WAIKIKI MEAT BALLS (Continued)

and sugar. Stir in pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet. Cook over low heat, stirring until mixture thickens and boils (medium heat is best). Boil and stir one minute. Add meat balls, pineapple, green pepper and heat. Serve with rice.

BAKED SALMON (GREEK)

Elaine Hansen

2 lb. salmon	1 can tomato sauce
2 cloves garlic	1/2 c. olive oil
1 onion, sliced thin	1/4 c. white wine
4 Tbsp. parsley, chopped	Salt and pepper
1/4 c. golden raisins	1/4 c. dark raisins

Season fish with salt and pepper. Let stand. Saute onion in oil until soft; add garlic, tomatoes, parsley and salt and pepper; cook 10 minutes. Pour half tomato sauce in baking dish. Add raisins and pour wine over fish. Bake in a 350 degree oven for 45 minutes, basting often.

CLAM CASSEROLE

Ruth Yuill

1 tall can clams	1 tsp. salt
1 large onion, chopped	1/4 tsp. paprika
6 potatoes, diced	1/8 tsp. pepper
2 Tbsp. butter	1 tsp. Worcestershire sauce
2 Tbsp. flour	1 c. real mayonnaise
1 c. rich milk	Biscuits
Juice from clams	

Boil potatoes and onions together until tender in small amount of salted water. Make white sauce of butter, flour, milk and clam juice. Cook until smooth and thick. Add seasonings and mayonnaise. Add clams and vegetables. Put in buttered baking dish. Cover with biscuits or plain crust in which holes have been made. Bake until brown at 375 degrees.

CLAM LOAF

Dorothy Johnson

1 can clams and juice or	3/4 c. cracker crumbs
1 pt. or 1 doz. fresh clams	2 eggs, beaten
1/2 lb. pork sausage	Salt and pepper to taste

Mix all ingredients together. Bake at 400 degrees 30-40 minutes.

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CRAB ROLLS

Dorothy Johnson

7 oz. can crab or 1/4 lb.	4 chopped boiled eggs
1 small can chopped olives	Mayonnaise to moisten
1 lb. American cheese	Chopped minced onions

Mix together and fill 12-15 hard rolls. (Remove part of center of rolls.) Wrap in foil and bake in a 250 degree oven for 45 minutes.

OYSTER CREOLE

Mrs. John F. Kilkenny

2 Tbsp. butter	1 1/2 c. pimento
2 Tbsp. flour	3/4 lb. grated sharp cheddar
Pinch salt	cheese
1 c. milk	

Mix first 4 ingredients together and make into a white sauce. Mix 2 c. spaghetti with other ingredients and arrange in layers with 1 pt. petite oysters and cover with 1/4 c. crumbs and more cheese. Bake 1 hour at 300 degrees. Serves 6-8.

SALMON LOAF

Mrs. John F. Kilkenny

2 c. soft bread cubes	1 tsp. salt
1 small onion, chopped	Dash pepper
2 Tbsp. butter	2 eggs, well beaten
1/4 c. finely chopped celery	1 lb. can salmon, drained and
1 c. milk	flaked
1 Tbsp. lemon juice	1 Tbsp. minced parsley

Saute onion in butter until yellow. Combine with celery, salt, pepper, parsley, lemon juice and salmon. Combine eggs and milk and add to bread cubes. Combine all ingredients and pack into a well greased pan. Bake at 325 degrees for 45 minutes.

SHRIMP CRAB MEAT CASSEROLE

Janis Anderson

1 large green pepper	1 c. mayonnaise
1 small onion	1 Tbsp. Worcestershire sauce
1 c. chopped celery	1 1/2 tsp. curry powder
1/2 lb. crab meat	Crushed round buttery crackers
1 lb. shrimp, cooked and	
cleaned	

Chop green peppers, onion and celery fine. Add broken crab meat and shrimp to chopped vegetables with mayonnaise. Add Worcestershire sauce, curry powder, salt and pepper. Place in casserole; cover with crushed crackers. Bake at 350 degrees for 30 minutes or until bubbly around sides. Delicious served on steamed rice.

SHRIMP CREOLE

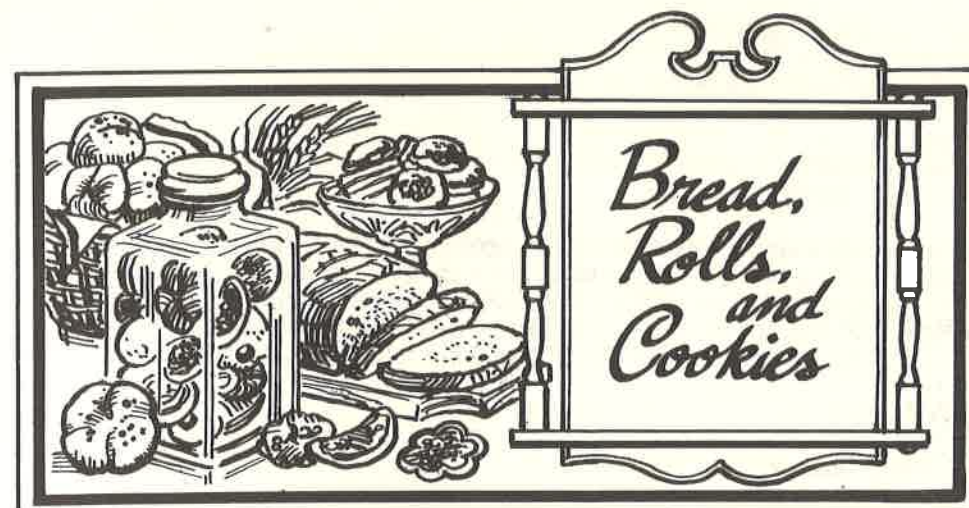
Mrs. John F. Kilkenny

2 Tbsp. butter
8 green onions, minced

1 large green pepper, chopped

Saute the onions and green pepper in butter for 2 minutes, then add 2 heaping Tbsp. flour, then a lb. can of stewed tomatoes and a pinch of soda. Thin down with canned milk until pink, then add 2 c. shrimp. Serve on boiled rice.

Write An Extra Recipe Here:



BEER BREAD

Mary Chamberlain

3 c. self-rising flour
3 Tbsp. sugar

12 oz. beer, room temperature

Mix thoroughly. Bake at 350 degrees for 60 minutes. Butter top of loaf generously while hot. Wrap in foil (while hot). Makes 1 loaf. Grease loaf pan well.

CHRISTMAS SHORTBREAD

Dorothy Parks

1 c. soft butter
1/2 c. sugar

2 1/2 c. flour, sifted

Mix until well blended and consistency to put in pan. Batter should be creamy. Bake at 300 degrees for 20 minutes. Makes 1 - 8x8-inch cake or 2 doz. cookies.

GRAPE-NUT BREAD

Marilyn Trenholm

1 c. buttermilk
1/2 c. Grape-Nuts
1 tsp. soda
1 c. sugar
1 egg

2 c. sifted flour
1 tsp. vanilla
1 Tbsp. butter
1 tsp. salt

Add soda to buttermilk. Pour over Grape-Nuts and soak 1 hour. Then add the remaining ingredients. Pour into greased loaf pan and bake 45 minutes in a 350 degree oven.

RHUBARB NUT BREAD

Alma Pea

1 1/2 c. brown sugar	1 c. buttermilk
2/3 c. oil	1 tsp. vanilla
1 egg	1 1/2 c. rhubarb, diced
1 tsp. soda	1/2 c. nut meats
1/2 tsp. baking powder	

Mix brown sugar, oil and egg thoroughly. Mix in sifted flour, soda, baking powder and salt. Stir in buttermilk and vanilla. Fold in rhubarb and nuts. Pour into 2 greased loaf pans. Mix topping ingredients until crumbly. Sprinkle over tops of loaves. Bake at 350 degrees for 45 minutes or until done.

Topping:

1/3 c. sugar	Cinnamon to taste
1 Tbsp. butter	

BUTTER TEA COOKIES (GREEK)

Sophia Marlentes

1/2 c. unsalted butter	5 c. flour, sifted
1/2 c. powdered sugar	1/2 tsp. baking powder
2 egg yolks	

Beat first 3 ingredients until fluffy. Sift flour with baking powder; add to butter mixture and work with hands until smooth. Shape by hand in round or diamond shapes. Bake on ungreased cookie sheet in a 350 degree oven for 18-20 minutes. Light in color when done. While cookies are still warm put powdered sugar on wax paper, then the cookies, then sprinkle more powdered sugar on top of cookies.

CHOCOLATE CHIP COOKIES

Kristina Shiyely

1/2 c. butter	1/2 tsp. soda
1/2 c. granulated sugar	1/2 tsp. salt
1/4 c. brown sugar	1/4 tsp. hot water
1 well beaten egg	1 - 6 oz. pkg. chocolate chips
1 c. plus 2 Tbsp. sifted enriched flour	1/2 c. chopped nuts
	1/2 tsp. vanilla

Cream butter, sugars; add egg. Beat well. Sift dry ingredients; add to creamed mixture. Add hot water; mix till well blended. Add chocolate chips, nuts and vanilla. Drop from teaspoon onto greased cookie sheet. Bake in moderate oven at 350 degrees 10 to 12 minutes. Makes 3 1/2 doz. cookies.

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CORN FLAKE MACAROONS

Ruth J. Yuill

2 eggs
1/2 c. sugar

1 c. shredded coconut
3 c. Kellogg's corn flakes

Separate eggs and beat eggs separately. Add sugar to well beaten egg yolks. Add the coconut. Add corn flakes and well beaten egg whites alternately. Drop onto greased cookie sheet and bake in moderate oven 10-15 minutes.

CRACK COOKIES

LaRue Larkins

5 c. flour
4 tsp. cream of tartar
4 tsp. baking powder
2 c. soft butter or shortening

2 c. brown sugar
1 c. granulated sugar
2 eggs
4 tsp. vanilla

Sift flour, cream of tartar and soda. Cream butter and sugar. Beat in eggs; add vanilla. Stir in flour mixture until well blended. Drop by spoonfuls on an ungreased cookie sheet. Do not flatten. Bake at 350 degrees 10-15 minutes. Makes 9 doz. cookies. Crispy and very good.

CRISP CURL COOKIES (GREEK)

Sophia Marlantes

1/2 c. unsalted butter
4 eggs
2 c. powdered sugar

6 c. flour, sifted with
2 1/2 tsp. baking powder
Sesame seed

Beat butter and powdered sugar until light. Add egg yolks and beat well. Beat egg whites until stiff. Fold egg whites into sugar mixture. Gradually add the flour and baking powder. Work together with hands until all flour is worked in and dough is smooth. Take heaping Tbsp. of dough and roll out to the size of your little finger and about 5-inches long. Roll lightly in sesame seeds. Fold in half and twist. Bake in a 350 degree oven for 22 minutes until lightly browned.

DATE COOKIES

Ruth J. Yuill

1 c. margarine
1 c. sugar
2 1/2 c. flour
3 eggs
1 scant tsp. soda

2 Tbsp. hot water
1/2 tsp. salt
1 Tbsp. vanilla
1 c. dates
1/2 c. walnuts

Cream margarine, sugar; add eggs. Add dry ingredients. Mix rest of ingredients in and drop by spoonfuls onto greased pan and bake at 350 degrees for 10-12 minutes.

DISH PAN COOKIES

Ruth Watts

2 c. brown sugar
2 c. white sugar
1 1/2 tsp. salt
2 tsp. vanilla
2 c. oil
4 eggs

Mix all together, then add 1 1/2 c. quick oats, 4 c. corn flakes, 4 c. flour, 2 tsp. soda, 2 c. raisins, 1-2 c. nuts, 1-2 c. dates, and 1 small pkg. chocolate chips. Roll in small balls. Bake at 375 degrees.

FORGOTTEN COOKIES

Eugenie C. Chamberlain

2 egg whites
1/4 tsp. salt
3/4 c. granulated sugar
1/2 c. walnuts, chopped
6 oz. semi-sweet chocolate chips

Before beating eggs, turn on oven at 375 degrees. Beat egg white and salt. Add sugar a little at a time until very stiff. Fold in nuts and or chips. Drop by teaspoonfuls on lightly greased cookie sheet making about 2 1/2 doz. cookies. Put cookies in oven. Turn OFF oven. Do NOT open oven for 4 hours or longer.

GERMAN SWEET CHOCOLATE CAKE BARS

Mae Tardiff

4 oz. German sweet chocolate
3 Tbsp. butter
2 Tbsp. butter
3 oz. Philadelphia cream cheese
1/4 c. sugar
1 egg
1 Tbsp. flour
1/2 tsp. vanilla
2 eggs
1 tsp. vanilla
3/4 c. sugar
1/4 tsp. almond extract
1/2 tsp. baking powder
1/2 c. flour
1/4 tsp. salt
1/2 c. chopped nuts

Melt chocolate and 3 Tbsp. butter, stirring all the time; cool. Cream 2 Tbsp. butter and cream cheese. Blend in egg, flour and 1/2 tsp. vanilla. Beat 2 eggs well. Add 3/4 c. sugar; beat until thick. Add baking powder, flour, salt; blend in chocolate mixture. Add nuts, 1 tsp. vanilla and 1/4 tsp. almond extract. Spread 1/2 mixture in a well greased pan; spread cheese mixture over that, then spoon on rest of chocolate mixture. Swirl spatula through it. Bake at 350 degrees for 35-40 minutes. Cut into bars.

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ICE CREAM COOKIES

Kristina Shively

6 Tbsp. butter
6 Tbsp. confectioners' sugar
1 egg yolk, beaten
1 tsp. vanilla
1 c. sifted enriched flour

Thoroughly cream butter and sugar. Add egg yolk and vanilla; beat well. Add flour. Drop from teaspoon onto ungreased cookie sheet. If desired decorate with bits of candied fruit, nuts or candies. Bake in moderate oven at 350 degrees for 15 minutes. Makes 2 doz.

IMPOSSIBLE COOKIES

Kay Lindsay

1 c. granulated sugar
1 c. peanut butter
1 egg
1/2 tsp. vanilla

Blend ingredients together and drop by teaspoonful onto a cookie sheet. Bake in a 325 degree oven for 12 minutes. Crisscross with fork before baking.

LEMON SQUARES

Dorothy Parks

First Layer:
1/2 c. butter
1/2 c. powdered sugar
2 c. flour

Blend first 3 ingredients and press into a 9x9-inch pan. Bake 15 minutes in a 350 degree oven.

Second Layer:
2 c. white sugar
1 tsp. baking powder
4 Tbsp. flour
4 eggs, beaten well
Grated rind 2 lemons
4 Tbsp. lemon juice

Pour remaining mixture over the first layer and bake in a 350 degree oven for 25 minutes. Cool well. Frost with 2 c. powdered sugar and lemon juice to spread.

ROCKS

Lois Ronning

2 c. brown sugar
1 c. margarine
3 eggs
1 c. buttermilk
1 tsp. soda
3 1/2 c. flour
1 c. walnuts
1 c. raisins
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1 c. dates, if wanted

Mix shortening, sugar and eggs; beat well. Add buttermilk with soda; add flour and spices, fruit and nuts cut fine. Mix all. Drop from spoon onto cookie sheet. Bake at 375 degrees for 10-12 minutes. This recipe has been used for 80 years.

SHAGGY CARROT COOKIES

Eugenie Chamberlain

1 c. raw carrots, shredded	1 c. chopped walnuts
2 c. flour	2 eggs
1 c. shortening	1 tsp. vanilla
1 c. granulated sugar	1/2 tsp. soda
1 c. brown sugar	1/4 tsp. baking powder
2 c. uncooked oatmeal	Dash salt
1 c. coconut	

Cream shortening and sugar. Add eggs and vanilla, flour, soda, baking powder and oatmeal; beat until smooth. Add shredded raw carrots, coconut and walnuts; mix well. Drop by rounded teaspoonfuls 2-inches apart on floured cookie sheet. Bake at 350 degrees 10-12 minutes until edge is slightly brown. Makes about 6 doz. cookies.

STRAWBERRY BARS

Jessie E. Heath

3/4 c. shortening	1 c. strawberry jam
1/3 c. sugar	2 egg whites
2 egg yolks	1/2 c. sugar
1 1/2 c. sifted flour	1 c. chopped nuts

Cream shortening and sugar; add egg yolks and mix. Add sifted flour to mixture and mix. Spread above mixture on ungreased 9x13-inch pan. This is a very thick mixture. Bake 15 minutes at 350 degrees. Remove from oven and spread with the jam. Then spread with the meringue. Lastly sprinkle nuts over meringue and return to oven at 350 degrees and bake 25 minutes. Cut in squares while warm.

SUGAR COOKIES

Beatrice W. Moon

1 c. granulated sugar	2 Tbsp. vanilla or almond and lemon
1 c. confectioners' sugar	1 Tbsp. cream of tartar
1 c. margarine	1 Tbsp. soda
1 c. oil	5 1/4 c. flour
2 eggs	

Cream sugars and margarine and add eggs. Stir in flavoring and oil and mix. Mix dry ingredients and blend. Refrigerate about 1 hour. Make balls. Roll in sugar and flatten with fork. Bake at 350 degrees about 12 minutes.

TROPICAL BARS

Mae Tardiff

1 c. graham cracker crumbs	1 beaten egg
1/4 c. soft margarine	1 Tbsp. melted butter
1/4 c. sugar	1/2 c. sugar
1 1/4 c. flour	1 1/2 c. coconut
1 c. crushed pineapple, well drained	

Mix first 4 ingredients. Press into a 9x9-inch pan. Prick. Bake 15 minutes at 350 degrees. Mix next 4 ingredients; spread over top. Put coconut on top. Bake 20 minutes at 350 degrees.

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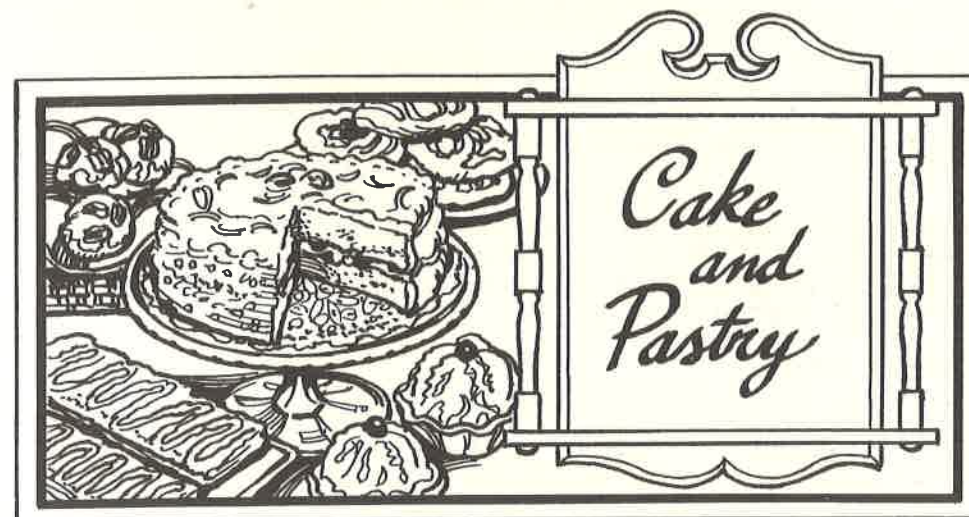
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CARROT PUDDING

Ruth Yuill

1 c. sifted flour
1 c. dry sifted crumbs
1 c. brown sugar
1 c. chopped seeded raisins,
or dates, or figs, or
currants

1/2 c. nut meats and chopped
candied peel
3/4 c. butter
1/2 c. shortening, melted
1/2 tsp. baking powder
1 tsp. each: salt, cinnamon,
nutmeg and grated rind
1 orange or lemon

Mix in order given, adding more spice if desired. Steam in greased covered tins 3-4 hours, filling the tins not over 2/3 full. Serve with whipped cream, hard sauce, foamy sauce or lemon sauce.

CHOCOLATE FRUIT CAKE

Annetta M. Pearl

1 c. butter
2 c. sugar
4 eggs
1 c. cold mashed potatoes
1 tsp. vanilla
6 sq. melted chocolate
2 1/2 c. sifted flour
2 tsp. baking powder

1 tsp. cinnamon
1 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt
1/2 c. milk
1 c. broken walnuts
1 c. raisins
1-1 1/2 c. candied fruit

Blend 1 c. butter and 2 c. sugar; add 4 eggs (yolk), mashed potatoes, vanilla and melted chocolate. Sift dry ingredients; add alternately with milk. Mix in walnuts, raisins and candied fruit. Last of all fold in 4 stiffly beaten egg whites. Pour batter into large tube pan. Bake at 275 degrees for 2 hours.

CHOCOLATE MALTED MILK CAKE

Frances Robinson

1/2 c. butter	3 eggs, well beaten
1 tsp. salt	1 2/3 c. sifted cake flour
1 1/4 c. sugar	2 1/2 tsp. baking powder
1/4 c. malted milk powder	1/4 c. confectioners' sugar
1/2 c. dry cocoa	7/8 c. milk

Blend shortening and salt; cream with sugar. Add malted milk, cocoa, 3 eggs. Sift dry ingredients together. Add with milk. Bake in 2 greased 9-inch pans at 350 degrees for 30 minutes. Frost with malted frosting.

CRUMB CAKE

Ruth Watts

3/4 c. shortening	1 tsp. vanilla
1 1/2 c. sugar	2 c. flour
1 tsp. salt	2 tsp. baking powder

Rub together and take out 1/2 c. crumbs. Into remaining ingredients break 2 eggs, 2/3 c. milk. Beat until creamy. Sprinkle crumbs on top of cake after putting in pan. Bake at 325 degrees for 40 minutes. Use a 9x9-inch pan.

DATE CAKE (MOIST)

Marion Roberts

2 cubes Nucoa	1 tsp. vanilla
2 c. sugar	2 Tbsp. fresh grated orange rind
4 eggs, singly	

Beat first 2 ingredients well and add all other ingredients. Measure out 3 c. unsifted flour, 1 tsp. soda and 1/2 tsp. salt. Then measure 1 1/3 c. buttermilk. Add to egg mixture alternately with flour mixture. Add 1/2 lb. chopped dates and 1 c. nut meats. Bake in buttered angel cake pan; do not flour. Bake 1 hour and 20 minutes at 325-350 degree oven or until done (toothpick test). While hot immediately out of oven, pour over (not hot) can be warm, 1 1/2 c. sugar, melted in 1 c. orange juice and 2 Tbsp. grated orange rind. Don't take out of pan. Cut in pan. Let stand overnight. Serve with whipped cream and cherry.

FLOURLESS CAKE

Lois Ronning

1/2 c. margarine	2 tsp. baking powder
1 c. sugar	23 graham crackers
3 eggs	1 c. nuts, chopped
1/2 c. milk	

Continued.....

FLOURLESS CAKE (Continued)

Roll crackers fine with rolling pin. Sift through flour sifter. Mix in baking powder. Mix sugar, shortening, milk, eggs and add cracker crumbs and nuts. Bake at 375 degrees for 30-40 minutes. Bake in loaf pan. Frost with any kind of frosting or use as dessert with whipped cream. This recipe is from a 1916 cook book contributed by me. I have used this recipe for 62 years.

GIANT CRUMBLY DESSERT

Marguerite Phillips

1 can cherry pie filling	1 box lemon or yellow cake mix
1 - No. 2 can pineapple, crushed (with juice)	1 cube butter
	Juice 1 lemon

Combine pie filling, pineapple and lemon juice. Pour into a 9x13-inch oblong pan. Pour dry cake mix evenly over fruit. "Sprinkle" one cube of cut up butter over cake mix. Bake at 350 degrees 1 hour. Can be served warm or cold, with or without cream.

NO FLOUR CAKE

Lois Ronning

1/2 c. margarine	2 tsp. baking powder
1 c. sugar	24 graham crackers
3 eggs	1 c. walnuts, chopped
1/2 c. milk	

Roll crackers until fine crumbs. Sift through sifter with baking powder; mix sugar, shortening, eggs and milk and beat. Add crumbs from crackers and then nuts. Bake in a loaf pan at 375 degrees for 30-40 minutes. Use any favorite frosting or use as a dessert with whipped cream. This recipe is from a 1916 cook book and used by me for 62 years.

PISTACHIO PUDDING DESSERT

LaRue Larkins

1 - 15 oz. can crushed pineapple	1 pkg. medium Cool Whip
1 small box pistachio instant pudding	2 c. small marshmallows
	1/2 c. nuts (optional)

Mix first 3 ingredients together well. Fold in marshmallows and nuts. Refrigerate for an hour or two before serving.

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RHUBARB KUCHEN

Mary Grace Belshaw

1 c. sifted all-purpose flour	1 - 3 oz. pkg. strawberry
3 Tbsp. sugar	Jell-O
1 1/2 tsp. baking powder	1/3 c. sugar
1/4 tsp. salt	3 Tbsp. flour
6 Tbsp. butter	1 1/4 lb. rhubarb, sliced (4 c.)
1 beaten egg	2/3 c. sugar
2 Tbsp. milk	1/3 c. sifted all-purpose
1/2 tsp. vanilla	flour

Combine first 4 ingredients. Cut in 3 Tbsp. butter till mixture resembles coarse crumbs. Combine add, milk and vanilla. Add to flour mixture; stir till moistened. Lightly flour hands; pat dough on bottom and 1-inch up sides of a 9x9x2-inch baking pan. Combine Jell-O, 1/3 c. sugar, 3 Tbsp. flour. Add rhubarb and mix well. Pour flour; cut in 3 Tbsp. butter till crumbly. Sprinkle over rhubarb. Bake at 350 degrees till rhubarb is tender and top is browned 60-65 minutes. Cool slightly; cut in squares. Serve with ice cream. Makes 6-8 servings.

TOMATO SOUP CAKE

Nina M. Poole

1 3/4 c. sifted flour	1 can tomato soup
1 c. sugar	2 eggs
3 tsp. baking powder	1 c. chopped candied fruit or
1/2 tsp. each ground cloves,	raisins or mincemeat
cinnamon and nutmeg	1 c. chopped nuts
1/2 c. shortening	

Preheat oven to 350 degrees. Grease and flour 9-inch tube pan in large bowl. Sift dry ingredients together. Add shortening and 1/2 can soup. Beat until smooth. Add remaining soup and eggs. Beat until smooth. Fold in fruit and nuts. Pour into pan. Bake about 1 1/4 hours. Cool in pan 10 minutes. Remove.

Frosting:

Soften 3 oz. pkg. cream cheese with 1 tsp. milk; gradually blend in 2 1/2 c. confectioners' sugar and 1/2 tsp. vanilla extract.

UPSIDE DOWN CAKE

Helen Legg

1/3 c. butter	1 1/4 c. flour
1/2 c. sugar	2 1/2 tsp. baking powder
1 egg yolk, beaten	1/8 tsp. salt
1/2 c. fruit juice	

Cream butter and sugar; add beaten egg yolk. Mix dry ingredients. Add flour mixture and fruit juice alternately to butter,

Continued.....

UPSIDE DOWN CAKE (Continued)

sugar and egg mixture; fold beaten egg white into the mixture and add vanilla. Melt in pan 4 Tbsp. butter and 3/4 c. brown sugar packed. When melted cover bottom of pan with fruit then pour on cake mixture. Bake at 350 degrees 25 minutes. If you use blackberries, strain off juice and then put in pan with melted butter and the brown sugar and then add cake batter.

HAWAIIAN PUMPKIN PIE

Annetta Pearl

1 baked 9-inch crumb crust	1/2 tsp. ginger
1 pt. vanilla ice cream	1/2 tsp. cinnamon
1 c. canned pumpkin	1/2 tsp. salt
3/4 c. sugar	1 c. heavy cream whipped
1/2 tsp. nutmeg	1/2 c. chopped pecan nuts

Spread slightly softened ice cream in bottom of cool pie shell. Place in freezer. Combine pumpkin, sugar, spices and salt. Fold in whipped cream. Spread over ice cream in pie shell. Sprinkle with pecans. Place in freezer. When frozen, wrap, seal, label, date and return to freezer. Storage time 1 month. To serve remove from freezer a few minutes before serving.

Crumb Crust:

Combine 1 1/2 c. graham cracker crumbs, 1/4 c. sugar, and 1/4 c. melted butter or margarine. Press into a 9-inch pie pan. Bake in a 375 degree oven for 8 minutes.

IMPOSSIBLE COCONUT CUSTARD PIE

Frances Gunn

4 eggs	1/2 tsp. salt
2 c. milk	1/2 c. butter, melted
1/2 c. Bisquick	1 tsp. vanilla
1/2 c. sugar	1/4 c. coconut

Mix all ingredients together and place in buttered pie pan. Bake 45 minutes at 350 degrees or until knife placed in center comes out clean. (Crust goes to bottom, custard in center and coconut is on top, after baking.)

RHUBARB PIE

Ruth J. Yuill

2 c. rhubarb	1 egg, beaten light
2 tsp. soda	1 c. sugar
1 qt. boiling water	

Cover rhubarb with soda and 1 qt. boiling water. Let stand 2 minutes and drain in colander. Mix ingredients and pour into bottom crust. Make lattice on top. Bake in oven at 375 degrees 30 minutes.

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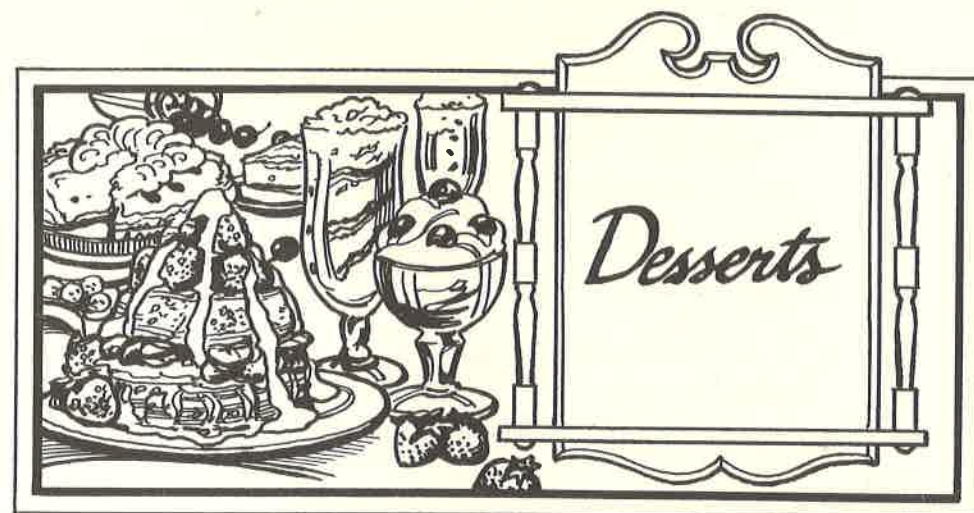
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MACAROON FROZEN DESSERT

Helen Legg

18 almond macaroons
 1 pkg. Dream Whip
 1/2 c. chopped walnuts
 1 tsp. vanilla

3 Tbsp. sugar
 1 pt. lemon sherbet
 1 pt. raspberry sherbet

Crumble macaroons. Whip Dream Whip. Add crumbled macaroons, vanilla, sugar and nuts. Spread half of this mixture on bottom of a 9x13-inch pan or 2 ice cube trays. Add sherbet by spoonfuls in alternate colors. Put remaining crumb mixture on top and freeze. Serves 10-12.

THAT RASPBERRY THING

Janis Anderson

1 lb. vanilla wafers
 1/2 lb. butter
 1 lb. powdered sugar

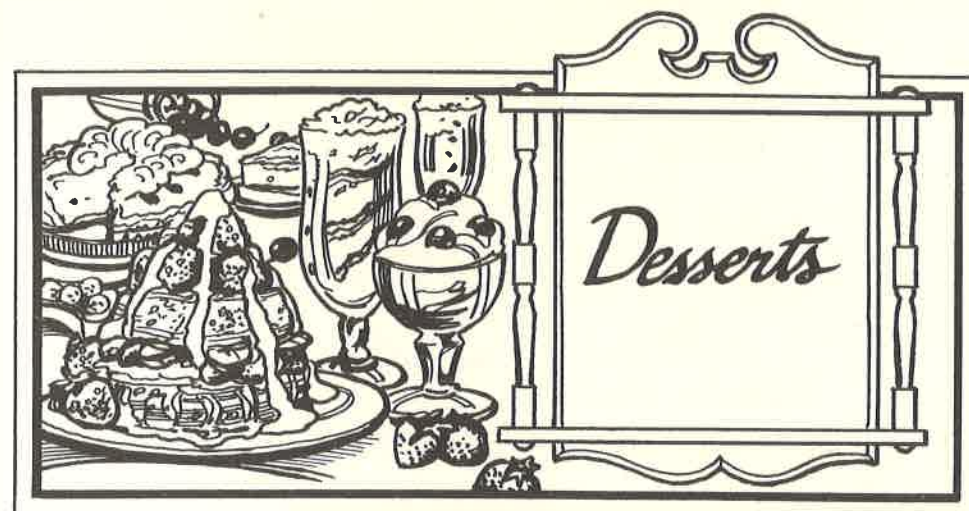
4 eggs
 4 c. raspberries
 1 pt. whipped, whipping cream

Crush the vanilla wafers. Put 1/2 the crumbs in bottom of a 9x15-inch pan. Beat the butter until creamy and add powdered sugar until blended. Add eggs, one at a time. Spread on top of the crumbs and cover with drained raspberries. Top with whipped cream, unsweetened, and cover with remaining crumbs. Refrigerate at least 12 hours. Serves 12-16 people.

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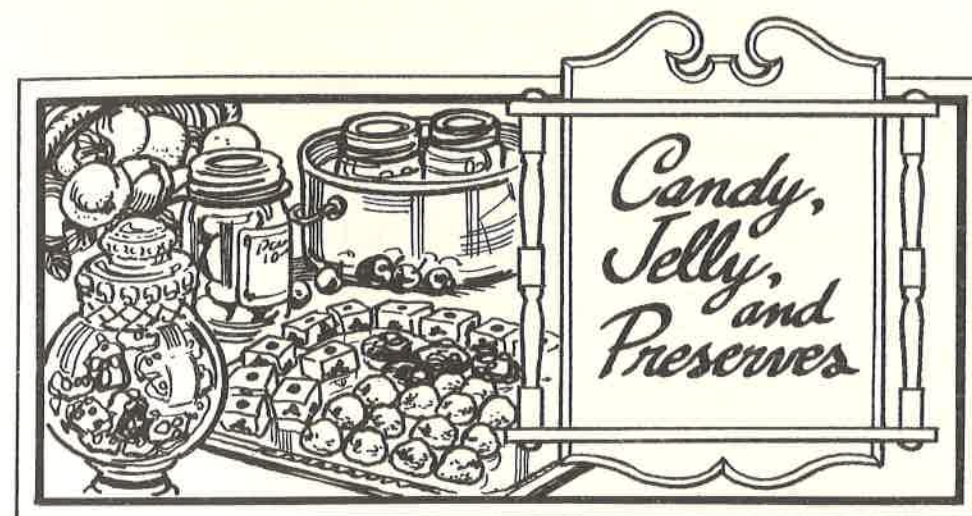
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4 eggs
 4 c. raspberries
 1 pt. whipped, whipping cream

Crush the vanilla wafers. Put 1/2 the crumbs in bottom of a 9x15-inch pan. Beat the butter until creamy and add powdered sugar until blended. Add eggs, one at a time. Spread on top of the crumbs and cover with drained raspberries. Top with whipped cream, unsweetened, and cover with remaining crumbs. Refrigerate at least 12 hours. Serves 12-16 people.

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Write Extra Recipes Here:



CARAMEL CORN

Beatrice W. Moon

1 gal. popped corn
2 c. brown sugar
1/2 c. corn syrup

2 scant cubes margarine
1/2 tsp. cream of tartar or
soda

Bring sugar, syrup and margarine to a boil. Boil 5 minutes. Take off stove; add soda or cream of tartar. Mix well and pour over corn. Mix well. Put onto large cookie sheet. Place in a 250 degree oven 30-40 minutes. Stir occasionally.

APRICOT JAM

Ruth Yuill

4 qt. apricots
1 qt. pineapple

5 qt. sugar

Boil seeds 10 minutes. Crack, peel and split seeds and put in pulp. Boil 30-40 minutes. Seal in hot jars.

UNCOOKED BLACKBERRY JELLY

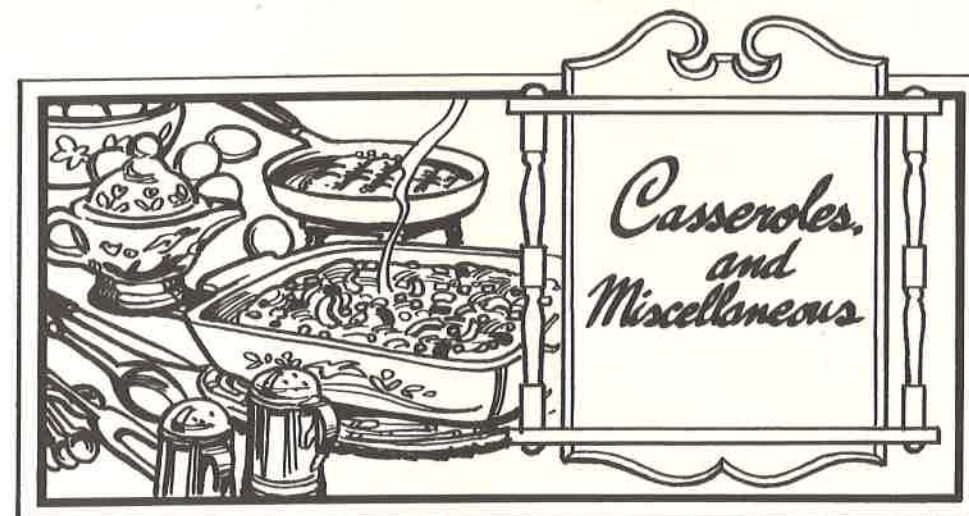
Ruth J. Yuill

1/2 c. water
Big handful berries

3 c. sugar

Cook berries in water until soft. Put into jelly bag; let set overnight. In the morning take 2 c. juice and add sugar to cold juice. Stir until sugar is dissolved. Pour into glasses and when set cover with paraffin.

Write Extra Recipes Here:



BREAKFAST CASSEROLE

LaRue Larkins

- | | |
|--------------------------------|---|
| 2 1/2-3 qt. buttered casserole | 1 1/2 lb. bulk sausage, browned and drained |
| 6 slices bread, cubed | 1 1/2 c. grated sharp cheese |

Layer in order given. Beat 4 eggs, 1/4 tsp. dry mustard, a touch of onion, 2 c. milk and 1 tsp. salt. Pour over casserole. Refrigerate overnight. Bake 1 hour at 325 degrees. Let stand 5-10 minutes. Cut in pieces. Serves 6-8.

LASAGNA

Patti Kuchenbecker

- | | |
|------------------------------|-------------------------|
| 1 lb. hamburger | 2 eggs |
| 1 clove garlic | 1 carton ricotta cheese |
| 1 Tbsp. basil | 1/2 c. romano cheese |
| 1 1/2 tsp. salt | 2 Tbsp. parsley flakes |
| 1 - 16 oz. can tomatoes | 1 tsp. salt |
| 2 - 6 oz. cans tomato paste | 1/2 tsp. pepper |
| 1 - 8 to 12 oz. tomato juice | 2 lb. Mozzarella cheese |
| 10 oz. lasagna noodles | |

Brown hamburger in large skillet. Drain off excess fat. Add in the cans of tomato ingredients, then minced garlic, basil and salt. Simmer for 30 minutes. While meat mixture is simmering boil the lasagna noodles in 2 qt. water, 1 tsp. salt and a few drops of cooking oil. Drain and rinse with cold water. While these 2 things are cooking mix together in large bowl the remaining ingredients, except the Mozzarella. Assemble the lasagna in a 13x9-inch pan

Continued.....

LASAGNA (Continued)

by first making a layer of noodles, then 1/2 the cheese mixture and 1/2 the meat sauce. Place 3 pieces of Mozzarella over the layer. Repeat process ending with 3 more pieces of Mozzarella over the layer on top. Bake at 375 degrees for 30 minutes; if made in advance and refrigerated bake at 375 degrees for 45 minutes. Let stand 15 minutes before cutting. Serves 8.

LASAGNE

Lil Winblad

1 lb. beef	1 Tbsp. basil
1 - 6 oz. pkg. pork	2 1/2 c. cottage cheese
3/4 c. chopped onion	1/2 c. Parmesan cheese
1 clove garlic	1 Tbsp. parsley
1 lb. can tomatoes	1 1/2 tsp. salt
1 - 15 oz. can tomato sauce	1 tsp. oregano
2 Tbsp. parsley	8 oz. noodles
2 Tbsp. sugar	3/4 lb. Mozzarella cheese
1 tsp. salt	

Brown beef, pork, onion and garlic; drain. Add tomatoes, sauce, 2 Tbsp. parsley, sugar, salt, basil. Simmer uncovered for 1 hour. Boil noodles until tender. Heat oven to 350 degrees. Mix cottage cheese, 1/2 c. Parmesan cheese, 1 Tbsp. parsley, 1 1/2 tsp. salt and oregano. In ungreased baking pan layer 1/4 each of noodles, sauce, Mozzarella and cottage cheese. Bake uncovered 45 minutes. Let stand 15 minutes before serving. Save a little sauce for top.

RICE VERDI

Eva Mackey

1 c. raw rice	1 Tbsp. chopped pimento
2 c. sour cream	1 - 8 oz. can Ortega green
3/4 lb. Jack or cheddar cheese	chilies, seeded and chopped
or 1 c. cottage cheese	Dash Tabasco

Cook the rice, then place in a bowl. Add sour cream, chilies and Tabasco. Stir in most of the cheese. Pour into 2 qt. casserole. Sprinkle with cheese; dot with butter. Bake at 350 degrees 20 minutes.

SAUSAGE BREAKFAST BAKE

Mary Grace Belshaw

2 c. pkg. pancake mix	1 - 14 oz. jar spiced apple
1 1/4 c. milk	rings
2 eggs	1 - 8 oz. pkg. Brown & Serve
2 Tbsp. salad oil	sausage links

Continued.....

SAUSAGE BREAKFAST BAKE (Continued)

Combine pancake mix, milk, eggs and salad oil. Beat till nearly smooth with rotary beater. Turn into a greased oblong baking dish. Drain apple rings. Halve each sausage link crosswise. Arrange apple rings and sausage atop batter so mixture can be cut in squares when baked. Bake at 350 degrees till done, about 30 minutes. Cut into 6 squares. Serve with heated maple syrup. Excellent for make ahead lunch. Can be frozen and popped into microwave oven just before serving.

TALLERINE

Ruth Watts

2 heaping c. uncooked noodles	1 c. grated cheese
1 lb. ground round steak	1 medium onion, chopped
1 can tomato sauce or soup	2 heaping Tbsp. butter
1 can corn	1 c. water

Mince onion and fry in butter until brown. Add meat; brown. Add tomato sauce and water. Bring to a boil. Add noodles. Stir and cook until tender. More water may be added to keep mixture moist. Salt to taste. Add corn. Bake 1 hour at 325-350 degrees in oven.

CHICKEN CORN CHOWDER

Beatrice W. Moon

1 can Swanson's chicken	1/2 c. cream corn
1 can cream chicken soup	2 soup cans milk
1 can chicken noodle soup	

Mix together. Heat. Serves 4.

CORNERD BEEF

Ruth J. Yuill

100 lb. meat (beef)	4 lb. salt
4 gal. water	1 oz. salt peter
4 lb. brown sugar	

Add 4 gal. water, 4 lb. brown sugar, 4 lb. salt and 1 oz. salt peter to 100 lb. meat and boil 10 minutes. Skim and let cool. Pour liquid over the meat cut in about 8 lb. chunks. Put in crock. Keep weight over meat to keep covered.

EGGPLANT CASSEROLE (GREEK)

Sophia Marlantes

1 eggplant	1/2 c. milk
1 egg	1 - 8 oz. can tomato sauce

Wash and dry eggplant. Slice the unpeeled eggplant about 3/4-inches thick (round slices). Beat egg and milk. Dip slices of

Continued.....

EGGPLANT CASSEROLE (GREEK) (Continued)

eggplant in egg mixture and roll in flour and fry in salad oil until golden brown. Lay slices of eggplant in greased casserole. Season with salt and pepper. In saucepan put tomato sauce and water. Add a pinch of cinnamon. Bring to a boil. Pour over eggplant. Bake at 350 degrees for 20 minutes.

EXCELLENT HOT SAUCE

Naomi Kendall

1 pt. catsup	1 tsp. distilled vinegar
2 medium onions	1 tsp. salt
10 hot torridito peppers	Dash sugar
1 tsp. red pepper	2 Tbsp. chili teppinas
1 tsp. black pepper	

Put all ingredients together in a blender at fast speed until mixed smooth. Warning! This sauce is very HOT.

FLOUR TORTILLAS

Naomi Kendall

2 c. white flour	1 3/4 c. cold water
1 1/2 c. rye flour	1 tsp. salt
1 c. yellow corn meal	

Sift all dry ingredients together; add water to make a very stiff dough. Spoon off dough enough to make a ball the size of a tennis ball and roll out on a floured board until thin. Put into a lightly greased skillet preheated and heat until hot through and serve with taco filling or any filling desired.

GENELTAS' CHEESE DISH

Karen Sagner

10 oz. cheddar cheese	1/2 c. flour
10 oz. Monterey Jack cheese	2 c. milk
1 can diced green Ortega chilies	3 eggs
1 jar diced pimentos	Salt to taste

Into a greased casserole put a layer of chunked cheeses with pimentos and chilies. Combine all other ingredients and mix well with a beater. Pour over the cheese mixture. Bake uncovered for 1 hour at 350 degrees. Turn off oven after cooking is completed and let cheese dish cool down for about 30 minutes. Serve immediately. Serves 6-8 people.

GRANDMA RIPLEY'S MINCEMEAT

Bessie Peterson

3 lb. meat	1 tsp. cloves
6 lb. apples	1 tsp. cloves
1 lb. suet	1 tsp. cinnamon
1/2 lb. currants	1 tsp. nutmeg
1/4 c. each candied orange and lemon peel	1 tsp. allspice
3 Tbsp. molasses	1/2 tsp. mace
2 Tbsp. salt	1 c. cider
2 lemons	1/2 c. brandy
2 oranges	1/2 lb. citron

Boil meat until tender. Remove bones and put through food chopper (venison especially good). Grind suet, apples, lemons and oranges. Add rest of ingredients and bring to a boil and simmer for nearly an hour. Most any fruit juice will substitute for brandy, such as grape juice.

SOUR CREAM ENCHILADAS

Frances Goretski

2 c. sour cream	12 corn tortillas
1 c. chopped green onions including some tops	Salad oil
1/2 tsp. ground cumin	1 - 10 oz. medium can enchilada sauce, heated
4 c. shredded longhorn cheddar cheese	

Blend 2 c. sour cream, 1 c. chopped onion, cumin and 1 c. shredded cheese. Fry tortillas in oil till limp; dip in heated enchilada sauce in an ungreased 7x11-inch baking dish. Overlap 2 tortillas at one end of dish allowing part of the tortillas to extend over edge of dish. Spread about 6 Tbsp. of sour cream filling down center of tortillas and fold extended sections down over filling. Repeat this technique to fill remaining tortillas placing them side by side covering dish bottom. Sprinkle remaining 3 c. cheese evenly over top. Bake uncovered in a 375 degree oven for 20 minutes.

ZUCCHINI - POTATO CASSEROLE (GREEK) Sophia Marlantes

2 medium zucchini	1/2 c. salad oil
2 medium sized potatoes	Season to taste
1 - 8 oz. can tomato sauce	Spear of mint or parsley, chopped fine
1 small onion	

Layer zucchini, potatoes, onion and seasoning. Pour tomato sauce and oil over top. Add 1/2 c. water. Bake covered at 350 degrees for 1 hour. Serves 4.

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OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325

PIES	Minutes	Temperature
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300

COOKIES	Minutes	Temperature
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350

CAKES	Minutes	Temperature
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325

MEAT AND POULTRY	Time	Temperature
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

MISCELLANEOUS	Time	Temperature
Custard cup	20-30	300
Custard casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind: Minutes per lb. after searing:
 Beef — rare — 10-16 medium — 17-22 well done — 23-30
 Veal, pork, lamb — well done — 30 Cured pork — well done — 40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat: Time in Minutes:
 Beef steaks — 1-inch thick Rare or medium, 8-10
 1 1/2-inch Rare or medium, 10-15
 2-inch Rare or medium, 18-25
 Pork chops, thin — 8-10 Lamb chops, rib — 6-8 Loin or shoulder — 8-10
 Mutton chops 1-inch thick — 15-20 Veal cutlets, very thin — 6-8 Chops — 10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	Time in double boiler
Cream of wheat, 1 cup	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rolls oats, 1 cup	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

SAUCES

White Sauce	Liquid	Thickening Material	Fat	Seasoning (salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.
Use No. 1 sauce for cream soups.				
Use No. 2 sauce for creamed or scalloped dishes or gravy.				
Use No. 3 sauce for souffles.				
Use No. 4 sauce for croquettes.				

VEGETABLE TIME TABLE

Vegetable	Boiled	Minutes Steamed	Baked
Asparagus, tied in bundles	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age	20-40	60	
Beans, string	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips	60	75	75
Peas, green	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Pumpkin, in cubes	30	45	60
Potatoes, sweet	40	40	45-60
Salsify	25	45	
Spinach	20	30	
Squash in cubes	20-40	50	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	30-60		

MEASUREMENTS, EQUIVALENTS AND METRIC

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE METRIC CONVERSION

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, peneuche and cream candies

Fondants (mints, etc.)	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar — 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar — 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar — 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake	275-325 degrees - 40 minutes to 1 hour
Loaf cake	325-350 degrees - 40 minutes to 1 hour
Cup cakes	350-375 degrees - 15 to 25 minutes
Layer cake	375-400 degrees - 20-30 minutes

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey	3 to 4 hours
8 to 12-lb. turkey	4 to 5 hours
12 to 16-lb. turkey	5 to 6 hours
16 to 20-lb. turkey	6 to 7½ hours
20 to 24-lb. turkey	7½ to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time Hours
8 to 10	325 degrees F	4 to 4½
10 to 12	325 degrees F	4½ to 5
12 to 14	325 degrees F	5 to 5½
14 to 16	325 degrees F	5½ to 6
16 to 18	325 degrees F	6 to 6½
18 to 20	325 degrees F	6½ to 7½
20 to 24	325 degrees F	7½ to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3½ to 5	325 degrees F	3 to 3½
5 to 8	325 degrees F	3½ to 4
8 to 12	325 degrees F	4 to 5

(Foil Wrapped Turkeys)

8 to 10	450 degrees F	2½ to 2½
10 to 12	450 degrees F	2½ to 3
12 to 16	450 degrees F	3 to 3½
16 to 20	450 degrees F	3½ to 3½
20 to 24	450 degrees F	3½ to 3½

INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
 1 1/4 cups (approximately) all-purpose flour equals 2 cups cake flour.
 2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.
 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
 1 cup raw rice equals 3 cups of cooked rice, approximately.
 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
 2 cups ground meat (tightly packed) equals 1 pound.
 3 cups ground meat (loosely packed) equals 1 pound.
 2 1/2 cups raisins equals 1 pound.
 3 cups coarsely chopped nuts equals 1 pound.
 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
 1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
 2 cups equal 1 can (tall)
 2 1/2 cups equals No. 2 can
 3 1/2 cups equals No. 2 1/2 can
 1 lemon (medium) equals 3 tablespoons juice
 1 orange (medium) equals 1/2 cup juice
 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp.	teaspoons	3 t.	1 T.
T. or Tbsp	tablespoons	16 T	1 c. (4 T. - 1/4 c.; 8 T. - 1/2 c.)
c	cup	2 cups	1 pint
pt.	pint	2 pints	1 qt.
qt.	quart	4 qt	1 gal.
lb.	pound		

MEASURE OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/4 to 3 1/2 cups
 1 pound dried apples measure about 5 cups
 1 pound cut-up candied fruit peel measures about 3 cups
 1 pound shelled almonds or Brazil nuts measure about 3 cups
 1 pound shelled walnuts or pecans measure about 4 cups

HERB PLANTS FOR FLAVOR AND FRAGRANCE

1. Basil (sweet) - Use with mushrooms, in egg, cheese, and fish dishes.
2. Basil (perennial) - For flavoring eggs, fish, eggs, game, meats, shellfish, salads.
3. Catnip - Leaves used in preparing herb teas. A tidbit for kitty.
4. Chervil - Young leaves, fresh and dried, used for culinary flavoring.
5. Chives - Use where mild onion flavor is required. Cheese, eggs, sauces, and salads.
6. Coriander - Ground seeds used in breads, cookies, cheese.
7. Costmary - Fresh leaves are used in beverages, meats, poultry, and herb teas.
8. Garlic - Used for garlic bread, salads, sauces, soups, spaghetti and meats.
9. Hyssop - Tender young leaves used in flavoring fruit cocktails, pies, salads, soups and stews.
10. Lavender - Flavoring for beverages and jellies. Tips used for perfumes.
11. Sweet Marjoram - For flavoring salads, meats, stuffings, fish and poultry.
12. Orange Bergamot Mint - Use in meat cookery, mint jelly and iced beverages.
13. Peppermint - For a garnish, fruit cocktails, cold beverages, salads. Tea good for digestion.
14. Pineapple Mint - Aromatic, refreshing odor. Used in meat cookery.
15. Spearmint - For flavoring fruit drinks, iced beverages, jellies and meat.
16. Oregano - Spaghetti sauces, Mexican dishes, shellfish, salads, meats.

HERB PLANTS FOR FLAVOR AND FRAGRANCE (continued)

17. Parsley - Salads, meats, soups, garnishings.
18. Pennyroyal - Gives pungency to green salads.
19. Rosemary - Add lightly to meat, poultry, eggs, Flavors jams, jellies.
20. Sage - Sausage, pork, veal, lamb, stuffings. For all poultry. Used in wine cups and summer fruit drinks.
21. Sage (Golden) - Sausage, pork, veal, lamb, for all poultry. Can be added to cream cheese.
22. Sage (Dwarf) - Sausage, pork, veal, lamb. In stuffings for all poultry. Herb butter and pickled cucumbers.
23. Pineapple Sage - Leaves used for seasoning. Rich meats and fish dishes.
24. Variegated Sage - Sausage, pork, veal, lamb, poultry. Tea is generally refreshing.
25. Summer Savory - Traditional flavourer of beans, egg dishes, cream sauces, poultry. Excellent substitute for pepper.
26. Winter Savory - Stronger than Summer Savory. Egg dishes, cream sauces, all poultry, and beans.
27. Shallots - Leaves used like chives. Bulbs have mild onion flavor.
28. French Sorrel - Used in moderation with spinach and lettuce. Salads.
29. Tansy - Tender young leaves used to add interest to baked fish, meat pie, or omelet.
30. Tarragon - For salad dressing, fish, poultry, shell fish. Delicious when used in sauces.
31. Thyme - Use cautiously with all meats, game, fish. Used in teas as a sedative.
32. Pink Yarrow - Herb tea. Dried flower arrangements.

COOKING FOR A CROWD

The season of the year rules the food choices to a degree. Also variety in flavor, texture, color and form. Plan best use of refrigerator space. Decide type of service, buffet, family style or served plates with waitresses.

AMOUNTS OF FOOD NEEDED FOR 25 - 50 - 100

Food	25	50	100
Can Beans, Baked	6-1 lb. cans or 1-10 lb. can	2 #10 cans	4 #10 cans
Plain can beans Dried	Same as above 3 lbs.	6 lbs.	12 lbs.
Beans, string fresh	5-6 lbs.	10-12 lbs.	20-24 lbs.
frozen	5-12 oz. pkgs.	3-40 oz. pkgs.	6-40 oz. pkgs.
canned	5 #2 cans or 1 #10 can	2 #10 cans	4 #10 cans
Cabbage shredded for slaw	4 lbs.	8 lbs.	16 lbs.
Corn	6-3 oz. cans 1 #10 can	2 #10 cans	4 #10 cans
canned			
frozen	5-12 oz. pkgs.	5-40 oz. pkgs.	10-40 oz. pkgs.
Carrots	6 lbs.	12 lbs.	24 lbs.
Fruit Cocktail	1 #10 can	2 #10 cans	4 #10 cans
Ham for Baking	10 lbs.	18-20 lbs.	36-40 lbs.
Meat for Meat Loaf	5 lbs.	9-10 lbs.	18 lbs.
Poultry for Roasting	15 lbs.	30 lbs.	60 lbs.

SLOW CROCKERY COOKING

To convert favorite recipes for slow cookers

REGULAR TIMING

15 to 30 minutes	1½ to 2½ hours on high* or 4 to 8 hours on low*
35 to 45 minutes	3 to 4 hours on high* or 6 to 10 hours on low*
50 minutes to 3 hours	4 to 6 hours on high* or 8 to 16 hours on low*

*High = 275 to 350 degrees F

*Low = 180 to 190 degrees F. (pots vary)

TO TEST COOKER TEMPERATURE-TIMING Fill cooker half full of cold tap water. Heat, covered on high for 2½ hours. If water boils in less time reduce recipe cooking time. If it takes more than 3 hours to boil add cooking time.

FOR SAFETY Use pot in a safe place where cord is up out of the way. Never store food in crockery pot. Sudden temperature changes can crack ceramic liners. 180 degrees F. is a minimum safe cooking temperature. Read and use cooker instructions carefully.

TO SERVE CROCKERY COOKING Garnish with parsley, carrot curls, crushed corn chips, tomatoes, sauces, olives, pimientos, mint leaves, lemon or orange slices.

ADDITIONAL CROCKERY COOKING HINTS Use a timer for starting pot and cooking when you aren't around; Crossed strips of folded aluminum foil under roast will let you lift it quickly and safely to serving dish; Most recipes for low temperature can be prepared in half time on high; A slow pot is excellent for fondues, dips, hot punch, sauces, and as a bun warmer.

MICROWAVE COOKING PRINCIPLES:

1. High water content foods cook more rapidly than those with less.
2. The mass-density of a food is related to cooking time required.
3. "Standing" time is necessary for dense foods as meats. Cakes need rest time, too.
4. Such meats as roasts increase in temperature for a time during "standing".
5. Less leavening is required for some baked items as biscuits, muffins, etc. The "rapid" heat makes rapid expansion.
6. Some foods rise more than in the conventional oven.
7. Foods need rotation by hand or mechanically to avoid the hot spots in the oven cavity. Hot spots can be utilized for some food items.
8. The container shape is more important for some foods than others.
9. Never use metal containers or trim in microwave oven.
10. Never operate an empty oven - it can damage the magnetron.
11. Rapid cooking or expansion causes "eruptions" in certain foods.
12. Coverings during cooking prevents excess moisture loss and spatters.
13. Paper line cake pans to lessen sogginess around the edge. Cakes require "resting" time.
14. One cannot rely on conventional tests for doneness in some foods. Follow oven instructions for time and tests.
15. Use a container that radiation readily penetrates.
16. Time management and temperature for microwave food preparation is different than the traditional ways.

ADDITIONAL USES

- | | |
|---|---|
| 1. Warm pancake-waffle syrup | 9. Heat baby bottle. |
| 2. Clarify sugared honey. | 10. Reheats leftovers without warmed over flavor. |
| 3. Heat pie and hot ice cream ala mode. | 11. Freshens bread. |
| 4. Dry herbs - mint, parsley, onion, pepper, sage, etc. | 12. Baked foods need less leavening. |
| 5. Peel tomato or peaches - split skin. | 13. Dries flowers. |
| 6. Warm citrus fruits for more juice. | 14. Dry decoupage - painting. |
| 7. Melt chocolate, cream cheese, butter. | 15. Dry girdle or panty hose. |
| 8. Make jelly, jam, preserves, etc. | 16. Easy for a child to learn and use. |
| | 17. Helps handicapped or elderly. |

COOKING TERMS

1. Beat - Vigorously by hand or with an electric beater as indicated.
2. Blend - Stir ingredients lightly until well mixed.
3. Braise - To cook slowly in hot fat until brown, then add liquid and simmer on top of range.
4. Broil - Follow directions for broiling on kitchen range, charcoal or gas grill.
5. Cream - Beat shortening with a spoon or fork until spreadable consistency.
6. Dredge - To coat with flour, cornmeal, bread or cereal crumbs.
7. Fold - Use rubber spatula to lift and fold over ingredients lightly, usually to fold stiffly beaten egg whites into a batter.
8. Fricassee - Steak or chicken rolled in flour and browned in fat in pan or skillet. Add liquid such as water or milk and simmer until meat is tender.
9. Marinade - To allow a food to stand in a liquid such as oil and vinegar, French dressing or seasoned vinegar. This improves flavor and tenderizes meats.
10. Pan-broil - To cook meat, usually steak, in a heavy skillet, without fat added. Pour off all accumulated grease in skillet as it collects. Otherwise the steak is fried, not broiled.
11. Poach - To cook in hot liquid, such as water or milk, being careful that food holds its shape.
12. Saute - To cook slowly in a small amount of fat.
13. Sear - To brown very quickly by intense heat. This increases shrinkage but improves flavor and appearance.
14. Truss - To tie food with metal or wooden skewers to hold its shape during cooking.